

# LANCER

## W E L L N E S S

October 2016



*Lancer Wellness is dedicated to helping Lancers understand the importance of wholesome wellness.*

*Check out more helpful information at [calbaptist.edu/lancercwellness](http://calbaptist.edu/lancercwellness) and follow us on Instagram @cbu\_lancercwellness*

## Social Wellness: Where Two or Three are gathered



## Emotional Wellness: Better Sleep

As Lancers, we can all agree that CBU life is better when done together. Joining a Tribe is one of the many ways to continue building or become a part of CBU community. Various tribes meet once a week all over the campus and read the Bible together, typically one passage at a time. Here is a list of the different tribes on campus, along with their location and meeting times.

COLONY- MONDAYS @ 4:30PM // COLONY C5

FITNESS- TUESDAYS @ 3:00PM // REC CENTER ROCK WALL

CREATE- TUESDAYS @ 8:30PM // POINT 62

NATIONS- TUESDAYS @ 8:30PM // INNOVATORS AUDITORIUM

COMMUTER- WEDNESDAYS @ 12:00PM // STAPLES ROOM

POINT- WEDNESDAYS @ 3:00PM // POINT 85

GLOBAL- WEDNESDAYS @ 4:30PM // COLONY LL4

UNITY- THURSDAYS @ 4:30PM // LANCER ARMS 16

FRESHMEN- THURSDAYS @ 9:00PM // STAPLES ROOM

ATHLETE- SUNDAYS @ 8:30PM // LANCER ARMS 242

Join a Tribe and get connected

“For where two or three gather in my name, there am I with them.”

-Matthew 18:20

1. MAINTAIN A CONSISTENT DAILY SCHEDULE
2. REDUCE CAFFEINE INTAKE
3. TURN OFF THE COMPUTER OR TELEVISION
4. DON'T GO TO BED ON A FULL STOMACH
5. DON'T GO TO BED ON AN EMPTY STOMACH
6. ENGAGE IN REGULAR EXERCISE
7. LIMIT BEVERAGE CONSUMPTION BEFORE BED
8. KEEP YOUR BEDROOM DARK & QUIET
9. INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING
10. GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK

## SPOTLIGHT MEMBER

NOMI HLATSHWAYO

How do you keep proper nutrition during the semester?

"I make sure to eat things that will provide me with energy to get through the day, but keep me full so I don't eat a bunch of junk food."

What is one tip you would give a fellow Lancer about eating healthy during the school year?

"Bring your lunch to campus. If you don't, choose the healthiest option on the menu, and the one that will provide you with the most nutrients."

To learn more about Nomi's journey visit

[www.calbaptist.edu/lancerwellness](http://www.calbaptist.edu/lancerwellness)

LANCER  
WELLNESS



### Flourless Oatmeal blueberry Breakfast Muffin

#### Ingredients

2 cups old-fashioned rolled oats  
½ cup ground flax seed  
⅓ cup shredded unsweetened coconut flakes  
1½ tablespoon chia seeds  
¼ teaspoon of salt  
½ teaspoon of ground cinnamon  
¾ cup peanut butter  
½ cup maple syrup  
½ cup chopped dark chocolate  
½ cup chopped pecans

#### Instructions

In a large bowl add oats, ground flax seed, unsweetened coconut, chia seeds, salt and ground cinnamon.

Bring a small saucepan to medium heat, add peanut butter and maple syrup. Melt peanut butter and continue to stir until liquidy.

Pour peanut butter mixture over oats, stir to combine. Let cool for 2-3 minutes.

Add in dark chocolate chunks and pecans, stir together.

Place oat mixture in an 8x8 pan, press the mixture down until flat.

Cover and place in refrigerator for 30 minutes.

Devour



## Physical Wellness: 30-minute Dorm Room Workout

Short on time? Not able to make it to the Rec Center? Going on a mini vacation but you want to keep up with your workout routine? Do not worry, the Rec Center has you covered. Here is a 30-minute dorm room or in-house workout provided by a Rec Center personal trainer to keep you healthy and fit.

#### Warm up

10-15 short sprints outside or high knees for 30 second, 3 rounds

#### Circuit

Push-ups  
Burpees  
Jump Squats  
Wall Sits  
Flutter Kicks  
Planks  
Russian Twist  
Leg holds

\*Complete 2-3 rounds and 30 seconds for each exercise. Also, make sure to take a 1-minute break between each circuit. Use any modifications as needed.

\*If you are interested in getting more workout tips and how to reach your fitness goals, please visit the Rec Center's front desk to receive more information about personal training, group exercise classes and fitness programs.

Workout Provided By:  
Justin Post  
Personal Trainer

